Miso Soup for 100

Makes: 100 servings

Prep Time: 40 minutes

Cook Time: 1 hour

Ingredients:

- **1 cup** olive oil (optional)
- **2 bulbs** fresh garlic, diced
- **2 tbsp** thyme
- **2 tbsp** basil
- **4 gals** water
- **2 lbs.** miso

Other Options:

- **1 tbsp** cayenne
- **2 cups** arame (sea vegetable)
- **1 head** shredded cabbage
- **6 lbs** cubed tofu
- **4 cups** chopped scallions

Equipment:

- **30-50 quart** soup pot

Sauté diced garlic and spices for thirty seconds in oil or in a dry soup pot. Add water and any combination of optional ingredients. ring to a boil. Remove from heat. Draw off one to two quarts of broth and in a large mixing bowl, mix with miso paste (miso varies in strength so use about two to three tubs or pounds). When all the miso is soothly mixed

into the broth, return it to the vegetables, stir, and serve. (Note: Do not boil the miso; this kills he beneficial miroorganisms).

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.